**Inside Out Discussion Questions**

1. What do you think of the author’s choice in using the graphic novel format for this nonfiction book? Do you like the gritty nature of the drawings? Do you like the factoids that are scattered throughout?
2. Do you think the personification of her eating disorder (as ED) was a useful tool in communicating her message?
3. Based on this work, would you say that eating disorders are based in genetics or environment? If you think that the author’s experiences and interactions contributed to her disorder, which people are responsible?
4. In the book it says, “80 percent of women are dissatisfied with their appearance.”  What role do you think society plays in this dissatisfaction?
5. Has your perspective on eating disorders changed through reading this book? Do you see bulimia as an addiction or a flaw that can be overcome?
6. Do you think that people suffering from an eating disorder or another addiction could be helped by reading this book?
7. Did the repetitious nature of this book reinforce the concepts for you, or did it bore you?
8. According to the author, is an eating disorder really about the food? Or is it about something bigger than that (love, control, connection, etc.)
9. Do you think there is hope for Nadia?